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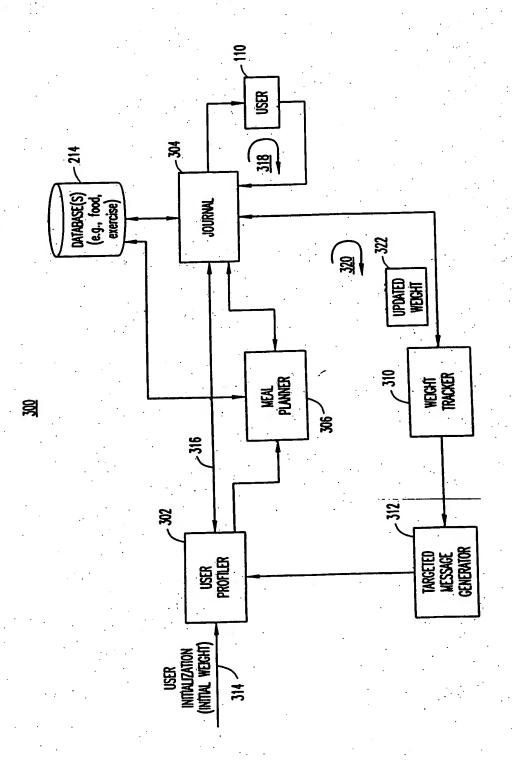
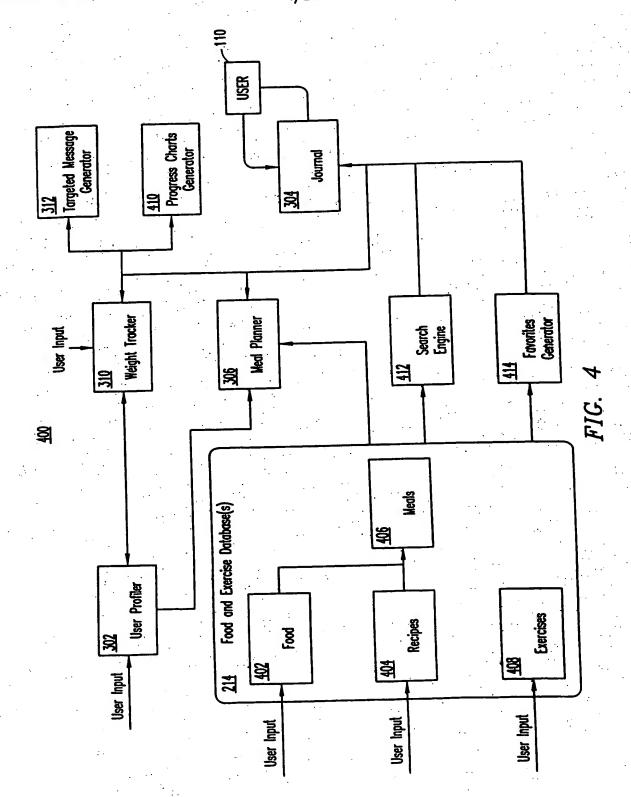
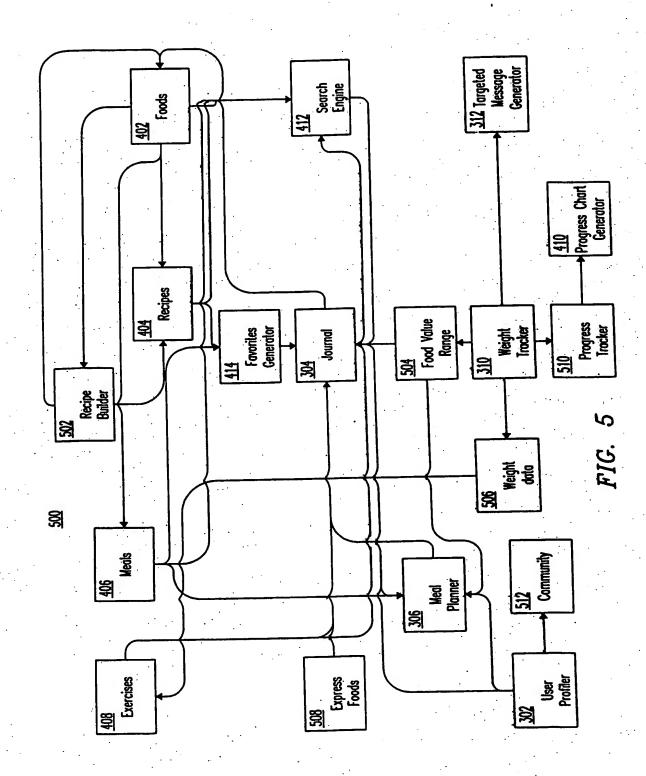


FIG. 3





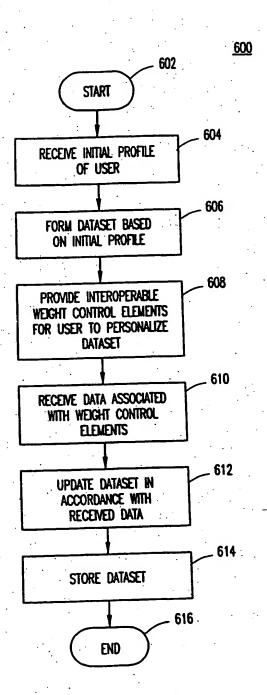


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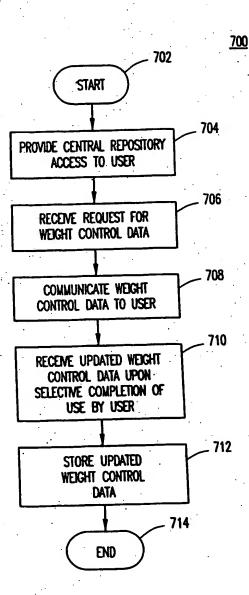
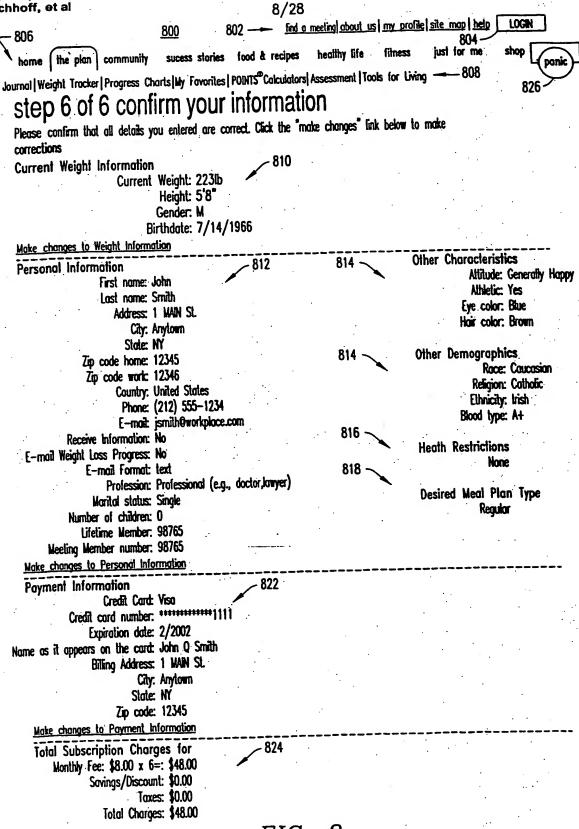


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FIG. 9

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FIG. 10

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FIG. 13

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al

14/28 find a meeting about us my profile site map help LOCOUT 1400 806e just for me sucess stories | food & recipes healthy life filness home my plan community Articles Recipes Meal Plans Recipe Renovation Recipe Search Recipe Builder my shortcuts LOGOUT meal plans my 7-day meal plan to weight loss tools. Welcome Kevin! in not Kevin edit profile Using a meal plan is simple way to kick-start your weight loss. Whether 1404 you follow the meal plan to the letter or simply use it for ideas and Pick my ovators inspiration is up to you. For help using the meal plan, see our meal MY TOOLS JOURNAL plan user quide. WEIGHT TRACKER see Daily View view next week's plan WEAL PLANS POINTS CALCULATORS add plan to my journal Jan 23 - Jan 29 RECIPE SEARCH 1402 **POINTS** RECIPE BUILDER **₩EDNESDAY** 23 MY RESOURCES MORNING: Cheese Om intro to elocis Tools for Living MIDDAY: Hot eloots Topic of the Week \square **Eating Out Guide** Ø elooks Tip Exchange Ø • Fovorite Recipes edi POINTS POINTS ☑ FRIDAY **☑ THURSDAY** 24 Fovorite Boards 23 MY MEETINGS MORNANG: Almond Apricol Flata Ø \square 6 75202 sd Enter o zip code below \square Turkey R **(b)** EVENING: Orange-Lemi Ø \square Don't know zip code MY NEWSLETTER & MORE \square \square Throughout the Day Choose your options POINTS GET HELP Frequently Asked Questions **☑** SUNDAY **SATURDAY** 24 Contact Us \square \square MIDDAY: Grilled Sy UDDAY: \square Turkey \square \square \square On the POINTS POINTS ☑ TUESDAY MONDAY MORNING. \square \square \square \square YENING \square \square 5 add plan to my journal

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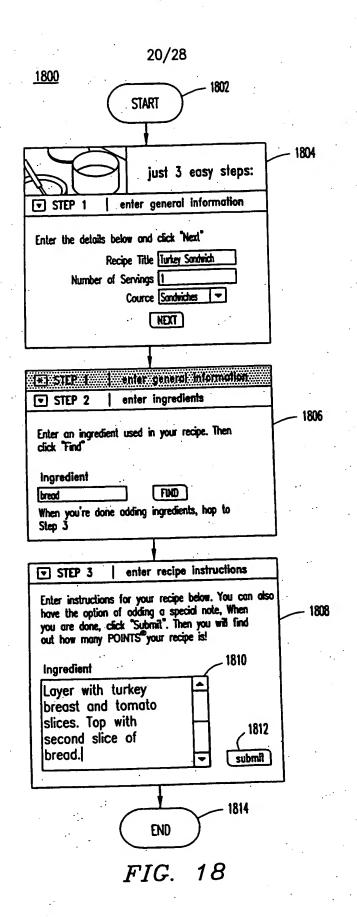
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MY MEETINGS	Chicken Fingers with Borbecue Souce, 5	Main Meals	22 min	subsciber benefits
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Contact Us	Chicken Pol Pie, 6	Main Medis	数 min	• •
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Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al



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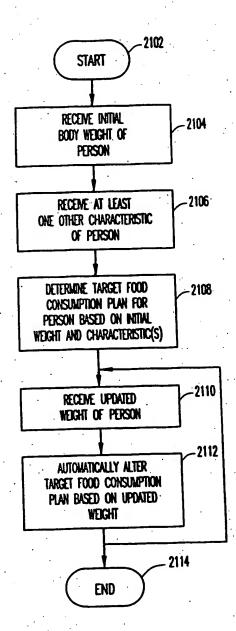


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don't

we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of partic or days of stress, or even weeks when they're just frontic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over an out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get storted.
- My weight-loss is at a standstill
- ive fallen off the wagon.
- I'm thinking of quitting.
- . I gained this week.
- . I can't do this
- I just ate a whole chocolate cake.
- I can's stop overeating!
- Everybody I know is losing weight except me.
- [m stressed]
- . My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction. How will ! stay on track while away?
- My friends have asked me to go out to eat with them.

- . I have zero POINTS left for the dor
- Somebody just said something really huntful to me.
- . None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- . I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- I'm bared with trying to lose weight.
- I'm frustrated with trying to lose weight.
- . I hate exercising.
- . I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

your best resource Thousands of people just like you use our chal and message boards for

inspiration and encouragement. See how they lockled the problems you foce.

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your best resource Our leaders provide the best answers to all your questions about weight

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